

September 28, 2016

DOH-SANTA ROSA AND SAFER HOST 2ND ANNUAL HEALTHY HEART/HEALTHY COMMUNITY 5K RUN/WALK IN OBSERVANCE OF WORLD HEART DAY



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Milton, FL – The Florida Department of Health in Santa Rosa County and SAFER Santa Rosa (Support Alliance for Emergency Readiness) hosted the Second Annual Healthy Heart/Healthy Community 5K Run/Walk Saturday, September 24, on the Blackwater Heritage Trail in Milton. The race started at 8:30 a.m. with 34 participants registered to compete. The event, held in observance of World Heart Day which is September 29, was tobacco-free and family friendly.

Each participant received an event tee shirt and SAFER gift bag that included an emergency preparedness kit. DOH-Santa Rosa hosted tables offering information on smoking cessation and CPR. Other sponsors included Santa Rosa Medical Center, Baptist Health Care, Alert Santa Rosa, Anytime Fitness of Milton, the Florida Park Service and the Florida Department of Environmental Protection.

Medals were awarded to participants with the fastest times in seven different age categories. The following individuals received medals in their age groups; Jacob Howell, Anjali Davies, Brittany Lewis, Daniel Woodcock, Barry Brinker, Herman Davies, Contressa Adamson, Daniel Hahn, Mary Zaledonis, Dr. Dennis Mayeaux and Bonnie Baker. Brittany Lewis and Herman Davies were also the first place winners overall.

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